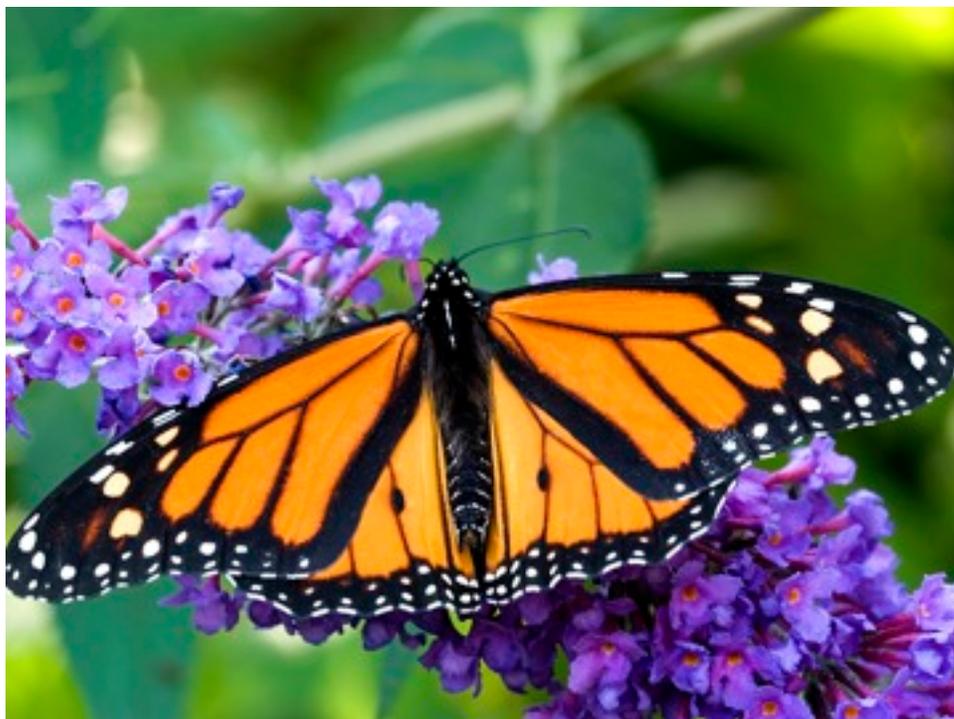


A WORKSHOP FOR HELPING PROFESSIONALS

Facilitator: Jan Spilman, MEd, RCC

Compassion Fatigue Specialist

email: caregiverwellness@shaw.ca



Caring On Empty: Creative Tools for Compassion

Fatigue Transformation & Resilience

- * Explore Compassion Fatigue (CF) in a rich multidisciplinary environment
- * Distinguish between CF (the exhaustion, diminishing empathy, emotional disengagement and posttraumatic stress arising from exposure to others' trauma and suffering) and burnout
- * Discover your CF risk and identify your personal early warning signs
- * Learn positive, transformative strategies for strengthening resilience
- * Create a personalized wellness and resilience plan

Jan Spilman, MEd is a CF Specialist helping people-who-help-people to live well with the stress of their professional & personal care-giving. She has worked as a coronary care nurse, trauma & loss therapist and wellness educator for over three decades.

Workshop Details:

Date: Monday June 16, 2014

Time: 9am - 4pm

(Registration at 8:30am)

Cost: \$179 (Includes GST, breaks, lunch & detailed handouts)

Location: Accent Inn Conference Centre

Henning Dr & Boundary Rd

North Burnaby, BC

(Near Boundary & Lougheed)

Free parking/Close to Gilmore

Skytrain Station

To register: See the attached form
(Registration closes Mon June 9th)

FOR MORE INFORMATION: Call Jan at (604) 297 0609

www.caregiverwellness.ca

Registration Deadline:

Monday June 9th

Please mail this form and a cheque for the full fee to:

Jan Spilman, MEd, RCC

Caregiver Wellness Workshops

PO Box 44062

Burnaby, BC V5B 4K2

(Make your cheque payable to "Jan Spilman")

Name: _____

Address: _____

Phone: _____ email: _____

Further Information: Caring On Empty Workshop Monday June 16th 9am - 4pm

1. **Location:** The Accent Inn is located beside the ABC Restaurant at the corner of Boundary Rd and Henning Dr in North Burnaby. The Conference Centre lies between the restaurant and the motel.
 - * There is ample free parking.
 - * There is easy access to the site from Highway 1 via the Willingdon North exit. Drive north on Willingdon to Dawson in the left hand lane. Turn left at the lights and continue to the Inn, which lies on the right side of the road at the T-junction with Boundary (Dawson Street's name changes to Henning Drive at Gilmore.)
 - * The Conference Centre is an easy walk or short bus ride from the Gilmore Skytrain Station.

2. **Meals:** Registration includes a light lunch and beverage breaks.

3. **Comfort:** Conference centres can have variable heating so dressing in layers will add to your comfort. Please feel free to bring cushions or anything else that will make your day more comfortable.

4. **Refunds:** Unfortunately, **refunds are not available** unless the workshop is cancelled. If you are unable to attend, your registration can be transferred to a friend or you can attend a later workshop.

We would love to have you join us! Jan